

JANUARY 2012 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 2:30-Book Club	3 10:00-Blood Pressure 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	4 9:00-Strength Training 11:00- M&M Exercise 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	5 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"Valley Boys"</u> 1:00-Bookmobile 1:30-Knitting	6 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
9 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	10 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	11 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>"Fiber Fit"/Kitty</u> 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	12 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"Home Safety/Fire Prevention"/</u> Frederick Co. Fire & Rescue	13 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
16 CLOSED MARTIN LUTHER KING, JR DAY	17 11:00-Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	18 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>A Time To Talk/Edi</u> 12:30-Bridge /Pinochle 1:30-Line Dancing*	19 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"Our Senses"/Steve</u> 1:00-Bookmobile 1:30-Knitting	20 9:30-Strength Training. 12:30- Canasta
23/30 9:30- Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	24/31 11:00- Strength Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	25 9:00- Strength Training 11:00-M&M Exercise 12:30- <u>"Music Memories"</u> 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	26 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"Garden Therapy"</u>	27 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605
 LINDA MCGINNES-COORDINATOR 301-600-3525 WWW.FREDERICKCOUNTYMD.GOV/DOA
 MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE
 HOURS-M-F-8:30-4:00

SPECIAL MEAL-JANUARY 12-CORNISH HEN/APPLE PIE